

DAY FOR CHANGE: **KS1 LESSON**

LEARNING ABOUT MALNUTRITION



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IN DANGER**

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WHAT IS NUTRITION?



Nutrition is eating enough of the right foods to help your body grow.



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WHAT IS MALNUTRITION?



Malnutrition is about not having the right nutrients you need to be healthy and strong.

Nutrients are things like vitamins, which are good for you.



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WHY IS MALNUTRITION DANGEROUS?



If we don't get enough nutrients, our bodies and brains won't grow properly. We will get poorly more easily and become very weak.

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WHAT CAN BE DONE TO HELP?



Measuring and checking for signs of malnutrition.



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WHAT CAN BE DONE TO HELP?



Giving
life-saving food.



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WHAT CAN BE DONE TO HELP?



Teaching mummies, daddies and carers about the best foods to make for breakfast, lunch and dinner.



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WHAT CAN BE DONE TO HELP?



We can help babies grow up healthy and strong by making sure that they have the right food during the first 1,000 days of their lives.

This is when our bodies and our brains develop fastest.



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HOPE FOR EVERY CHILD



What is our
school's hope
for every child
in the world?



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YOUR CLASS ACTIVITY



In words, pictures, music or drama create a '**story of hope**' about how children with malnutrition can be helped.



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HOW CAN YOU RAISE MONEY?

Day for Change is a special day organised by Unicef where schools can raise money to help malnourished children grow up healthy and strong.

non-uniform
day



sports
competition



bake sale



picnic



class quiz



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